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RESEARCH

Alcohol, tobacco and others drugs: nursing academic´s perception

Álcool, tabaco e outras drogas: percepções dos acadêmicos de enfermagem<sup>1</sup>

Alcohol, tabaco y otras drogas: percepción de los académicos de enfermería

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ABSTRACT

**Objectives:** To understand the perception of nursing students about alcohol, tobacco and other drugs in the context of their academic training. **Method:** This is a descriptive study with a qualitative approach using as production technique of the interview data with 15 nursing students of a private institution of higher education. **Results:** Data were grouped into two categories: knowledge of graduating nursing students on alcohol, tobacco and other drugs and academic formation versus practical application. **Conclusion:** The study shows a predominance of some participants' knowledge of drugs with specific information, without a more profound reflection on the subject in question on the politics of confrontation and actions of nurses. **Descriptors:** Human resources formation, Detection of substances abuse, Alcoholism, Tobacco.

RESUMO

**Objetivos:** Compreender a percepção dos acadêmicos de enfermagem acerca do álcool, tabaco e outras drogas no contexto de sua formação acadêmica. **Método:** Trata-se de estudo descritivo, com abordagem qualitativa utilizando como técnica de produção de dados a entrevista realizada com 15 acadêmicos de enfermagem de uma instituição de ensino superior privada. **Resultados:** Os dados foram agrupados em duas categorias: conhecimento dos graduandos de enfermagem sobre álcool, tabaco e outras drogas e a formação acadêmica versus aplicação na prática. **Conclusão:** O estudo mostra uma predominância de pouco conhecimento dos participantes sobre drogas, com informações pontuais, sem uma reflexão mais densa sobre o tema em questão, sobre as políticas de enfrentamento e as ações dos enfermeiros. **Descritores:** Formação de recursos humanos, Detecção do abuso de substâncias, Alcoolismo, Tabaco.

RESUMEN

**Objetivos:** Comprender la percepción de los estudiantes de enfermería sobre el alcohol, el tabaco y otras drogas en el contexto de su formación académica. **Método:** Se realizó un estudio descriptivo con abordaje cualitativo, utilizando la técnica de producción de los datos de las entrevistas con 15 estudiantes de enfermería de una institución privada de educación superior. **Resultados:** Los datos fueron agrupados en dos categorías: el conocimiento de los estudiantes de enfermería sobre el alcohol, el tabaco y otras drogas y la educación académica frente a la aplicación práctica. **Conclusión:** El estudio muestra un predominio del conocimiento de algunos participantes de las drogas con información específica, sin una reflexión más profunda sobre el tema en cuestión en la política de confrontación y acciones de los enfermeros. **Descriptores:** Formación de recursos humanos, Detección de abuso de sustancias, Alcoholismo, Tabaco.

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INTRODUCTION

The contemporary reality constantly emphasizes the abusive consumption of alcohol, tobacco and drugs, having in its origin determinants of socio-economic and cultural order. Drugs have existed in society since ancient times and are reasons for concern worldwide, due to numerous risks that can affect health. However, only a few studies prioritize the investigation of perception of future nurses on this topic.

The drug problem is an issue that directly or indirectly involves the whole society, governments and health professionals. Dedicate themselves to this topic requires responsibility and knowledge, because it involves several issues which go beyond the health, such as, for example, violence, trafficking, crime and moral aspects. Thus, it tends to occupy a scenario that affects all age ranges and social levels, making it a global issue and not only national.

In 2003, the Ministry of Health has found that the use of these substances took proportions of serious public health problem in the country, by proven relationship between consumption and social ailments that derived therefrom or that reinforce them. Addressing this problem constitutes a global demand: according to the World Health Organization, approximately 10% of the population of urban centers throughout the world consume abused psychoactive substances, regardless of age, gender, level of education and purchasing power. Except for significant epidemiological variations without repercussion, this reality is the same in Brazilian territory.<sup>1</sup>

The Ministry of Health has recognized that there was a historical delay in the Unified Health System (SUS) in taking responsibility for coping with problems associated with alcohol and other drugs. In this context, with the objective of J. res.: fundam. care. online 2013. dec. 5(6):200-206

*Alcohol, tobacco and others drugs...* promoting the collective construction of its confrontation created in 2003 the Policy for Integral Attention to Use of Alcohol and Other Drugs.<sup>1</sup>

There are various ways of coping with the use and abuse of drugs, the main ones are: prevention with educational actions showing the harm that drugs can cause both for the health of the individual as to the family and society, thus encouraging the reduction of demand on the part of the user; to stimulate the prohibition on the part of the leaders and a greater control of this network of trafficking, thereby leading to a reduction of supply and demand for the product and continuous health education.

In this context the use of alcoholic beverages in Brazil is highlighted, which is quite common in both genders. In comparative studies between men and women, the users of drugs, alcohol appears as the first drug to be used by females. Contacting also, who had a great influence on the analysis of the effect of drugs on the academic performance of consumers. Dependence is a chronic disease characterized by the search and compulsive use (inability to resist the desire) of certain psychoactive substance, in which an individual disregards any effect or adverse event related to this use.<sup>2</sup>

According to, I National Survey on the Use of Alcohol, Tobacco and Other Drugs, done in 2010, by the Secretariat of National Policies on Drugs, on the use of alcohol, tobacco, and other drug use among students in 27 Brazilian capitals. The following data were obtained: in relation to usage *in life*, the drugs reported with greater frequency were alcohol (86.2%), tobacco (46.7%), marijuana (26.1%), inhalants (20.4%), amphetamines (13.8%), tranquilizers (12.4%) and cocaine chlorhydrate (7.7%), hallucinogens (7.6%) and ecstasy (7.5%). Therefore, the drugs mentioned in the disclosure,

Leão LMACA, Elias CMV, Castelo Branco FMF *et al.* the alcohol and tobacco are the prevalence of usage<sup>3</sup>.

Globally, according to the world drug report 2013, there was an increase in production and improper use of new psychoactive substances, i.e. substances that are not under international control. The production and use of substances that are under international control remain in large part stable in comparison with 2009, despite of the trends of demand and supply of drugs has been uneven across regions and countries and among types of drugs. <sup>4</sup>

For users of alcohol, tobacco and other drugs, to have a quality care it is necessary to invest in the training of future professionals, including nurses, professionals in the important process of social transformation, the implementation of programs aimed at promoting health and disease prevention. Thus, an issue that deserves to be investigated is whether the training that the nursing students receive during the graduation is capable of providing appropriate knowledge to become nurses with satisfactory professional performance facing the drug phenomenon.

The light of this context, this study aimed to understand the perception of nursing students about alcohol, tobacco and other drugs in the context of their academic training.

METHODOLOGY

We conducted a descriptive study with a qualitative approach, focused on perception, intuition and subjectivity of participants on alcohol, tobacco and other drugs. In this approach there is a dynamic relationship between the objective world and the subjectivity of the participant that cannot be translated into numbers. <sup>5,6</sup>

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*Alcohol, tobacco and others drugs...*  
The production data was conducted in 2012 and used interviews with 15 nursing students of a private institution of higher education in Teresina-PI and had inclusion criteria students enrolled in the final period of the course.

Regarding the data analysis procedure the material from the database was analyzed according to the content analysis technique, giving a broader significance combining with the knowledge acquired throughout the study, responding to the proposed objectives and topic. The data analysis technique has three phases. The pre-analysis, which is the phase of the organization, and may adopt procedures as the reading that is based on interpretation, observing the absolute and relative frequency of the data collected. The second would be the exploration of the material, where the data will be coded from the units. In addition, as a third the treatment of results and interpretation of record, in which is, performed the categorization, which consists in classification of elements according to their similarities and by differentiation with posterior sponsor, in function of common characteristics. <sup>7</sup>

Participants signed an informed consent and the study was approved by the Ethics Committee in Research of UNINOVAFAPÍ (CAAE. 0445.0.043.000-11).

RESULTS AND DISCUSSION

The study had 15 participants, 13 female and two male. All were aged between 21 and 36 years. In relation to marital status, it was observed that only three participants were married and 12 unmarried. Regarding religion, 14 are Catholic and a spirit.

The results were grouped into two categories, the first "Knowledge of nursing undergraduate students about alcohol, tobacco and

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**Knowledge of nursing undergraduate students on alcohol, tobacco and other drugs.**

In this category, it was observed that the nursing students demonstrate little scientific knowledge in relation to the topic, being based in the majority of cases only in common sense. Thus, the data show that the subjects have acquired knowledge about the theme that they were offered during the graduation only partially not being sufficient for the formation of multiplier agents of prevention and promotion of mental health after his academic training as future contextualized and full nurses.

During interviews, when asking subjects about their knowledge about alcohol tobacco and other drugs, using these quite general concepts and not considering a full knowledge of a scientific nature.

*These chemical substances cause a very toxic effect on the human body and in its mental functions (DEP 12)*

*Alcohol and tobacco are chemical substances when consumed can cause dependence, with this comes social health problems. Hindering the individual in all spheres: health, social and family (DEP 14)*

As the reports can understand these concepts mentioned by the participants are formed based on the consequences that these drugs can provide to the user. Consequences that can be observed in everyday life, the experiences and observations made throughout life, not necessarily needing to have scientific knowledge on this

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*Alcohol, tobacco and others drugs...* subject. Only one concept showed that approximation of a scientific classification, however incomplete.

*A drug is any substance capable of making changes in the body. The use of tobacco is very harmful to health, because it brings several diseases such as COPD, cardiac problems, atherosclerosis, stroke, thrombosis among others (DEP 1).*

The word drug refers to any substance with the potential to change the functioning of an individual, as a function of physiological changes and behavior. Those that change the mental functioning are named of psychotropic drugs. They act in the brain and cause changes of thought, feeling and behavior, being different for each type of drug. <sup>8</sup>

In the case of the National Care Policy on the use of alcohol and other drugs, have had some answers that quoting measures such as the prevention, treatment and monitoring of users without a scientific rigor, others could not answer.

*Policy of utmost importance, being disseminated via the TV, radios, only that the population is still using in excess and not obeying the law (DEP 1)*

*Today the policy tries to alleviate the harm caused by drugs in addition to monitoring and treatment of users (DEP. 4)*

*The policy has as a subsidy for the prevention and guidance (DEP 5)*

*The policy covers those dependent on giving necessary support to recovery (DEP 6)*

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The Policy states that planning and preventive actions relating to the use of alcohol and drugs shall consider changing relationship between the proportions of occurrence seek to minimize the influence of risk factors on vulnerability of individuals for such use; synergistically, should also consider strengthening of the protective factors. At this point, it is vital to note the importance of education in health as fundamental strategy for prevention. As preventive measures are: promoting care at the primary care level, providing essential medicines for mental health, foster care community, educate the public, engage communities, establish policies, develop human resources, to act integrate, monitor health mental community and supporting more research. <sup>2</sup>

The comprehensive care includes the continued development of protective factors, individual and collective in the trajectory of people's lives by providing the maximization of the three health care levels. It is necessary to mobilize the debate with society and the legislative sector in various spheres, for optimization and the constructing of legal frameworks that support the necessary actions. <sup>2</sup>

Thus, none of the undergraduates cites the Policy to drug users or the coping policy with crack, being that their knowledge of public policies is quite limited.

In this context, this study justifies this reality by stating that the teaching on the use of these substances during the training of nurses does not excessively meet what the issue is imposing on society in recent years, since this content is discussed at greater length in the disciplines that involve mental health, whose workload does not allow for enabling the nurse to act appropriately in measures such as promotion, prevention, treatment and social integration of drug users <sup>9</sup>.

Thus, the professionals should be enabled for an approach facing the users and family

*Alcohol, tobacco and others drugs...* members, with measures of prevention, guidelines and referrals consistent with the case found in the various health services.

**Academic Training versus Application in practice**

The undergraduate curriculum in nursing effectively has three disciplines that encompass this content being the Pharmacology, Mental Health in Primary Care and Mental Health in Specialized Services, these possessing records that were addressed in the classroom of these topics. What has been observed in the speech of participants were contradictions regarding subjects who ministered this content. They cited the presence of the subject in three subjects, two or only one discipline.

*The approach was mainly in matters of mental health and psychiatry (DEP. 4)*

*It was a subject frequently present in three disciplines (DEP. 2)*

*They were addressed in a few disciplines (DEP. 10)*

*The drug topic was addressed in the course in the mental health discipline (DEP. 15)*

Regarding how to approach the subject in the classroom, for some participants, the presentation was well diversified, citing seminars, lectures, talks and dynamics. However, regarding the application of this content to practice, there was no such relationship, but pointed out they had not received an appropriate teaching to their training as nurses.



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*Through lectures and dynamics*  
*(DEP. 6)*

*It was discussed during the course  
with lectures and seminars  
presented by students (DEP. 9)*

*We participated in lectures that  
guided us (DEP. 11)*

*We as academics we did nothing  
in practice for the fight against  
drugs (DEP. 13).*

Regarding the content taught in class during graduation nursing, participants cited, especially the causes of consumption, drug effects, recovery from addiction, caused damage in individuals, treatments, nursing performance monitoring and recovery.

*The focus of the classes was  
always to show the harm of drugs  
as it reached the individual  
physically, biologically and  
mentally, teaching nursing acts as  
helping in the monitoring and  
recovery of the dependents (DEP.  
3)*

*They were focused the damage  
caused, as well as the treatment  
and definitions according to each  
type (DEP. 7)*

*It was approached showing  
diverse causes, effects and how  
they can expand to others (DEP.  
8)*

Nursing professionals are the key agent in the process of social transformation in the country, participating in the design and implementation of programs and projects for the promotion of health, prevention of the use and abuse of alcohol and

*Alcohol, tobacco and others drugs...*  
other drugs and social interaction. Know what to ask and how to ask the patient if he makes use of drugs should be part of the nurse's learning process. The customer reaction the questions asked by professionals, often is subject to how the approach is made.<sup>10</sup>

In none of the answers of the participants of this study quotes the full attention of prevention, health promotion and protection of users of alcohol and other drugs was observed model, cited no methodological way of measures to combat and control of drugs, not to include health professionals who will participate, after training, the health care system in the users.

Nursing actions should not be guided by the perspective of care facing the harm caused by drugs, but directed to activities that promote health and prevent diseases as recommended by the National Policy, to the detriment of the lack of necessary training in the gym, reporting that issue of drugs even outside covered in classrooms, but with the traditional teaching based on the theory way.<sup>11</sup>

Thus it is necessary to supply this gap the gap from theory to practice, that education about alcohol, tobacco and other drugs is integrated into the practice and procedure to be since it is a complex and interdisciplinary content and must be considered throughout the training course.

CONCLUSION

The study shows a predominance of some participants knowledge of alcohol, tobacco and other drugs, with specific information, without a more profound reflection on the subject in question on the politics of confrontation and actions of nurses.

To better training and performance of future nurses in health services regarding the care

Leão LMACA, Elias CMV, Castelo Branco FMF *et al.* of drug users, it is necessary that during the undergraduate course there is a greater incentive to scientific research in the area, projects and coursework and placement of content more specifically in the curriculum, the student contextualizing the topic discussed and providing content to the application of this practice.

Encouraging the pursuit of knowledge generating greater emphasis on issues is important because currently the rate of drug users has increased considerably, and hence there is a greater need for qualified professionals to meet this demand.

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